



# BRSCNA BULLETIN

Special points of interest:

- Growing Old in Recovery
- Home Group
- Clean Time Anniversaries
- Activities and Events

The opinions expressed in the Buckeye Region Newsletter do not necessarily reflect the opinions of any member of the subcommittee or that of NA as a whole.

## From Predator to Prey: Growing Old in Recovery

By Thom H., NEOASCNA

One day we are out doing the run and gun till dawn and then we are sitting in a meeting, talking about our fears of being old. It was like being back in the day when I felt no fear and now I don't like to go to the store after a meeting because I am afraid of what could happen to me. When I was using, I got up and popped a handful of pills so I wouldn't be dope sick. Now I get up and do the same thing but because I have heart trouble, high blood pressure, high cholesterol, osteoporosis, thyroid problems; well you get the idea, and I am held together with wires and screws and artificial parts.

I am no warrior anymore, well maybe for five to ten minutes. My mind is still there even though my memory is going fast, and my body is not. Now I have to keep myself in check not because I don't want to get in trouble with the law, but so I don't get in situations I can't get out of alive. My mind says it would be better to go out fighting but that is not the

spiritual way. Twenty two years is a long time ago but not in my mind. My mind is still that of the Predator, but my body is that of the prey and so now I am afraid again in life.

They say that what goes around comes around and I guess by rights I have a lot of it coming to me. With twenty two years clean, I can only remember one member that died of old age. At his funeral, there were so many members from all over and so many of them got up and talked about all he did for the fellowship in this Region. So instead of thinking about how others see me, I am thinking about what they will say about me when I grow older and die, and what God has in store for me. Will they say that I was a giver or a taker, a servant of NA or just another NA thief that took and took from NA and then left?

So today I choose to get up, suit up, and battle my disease, and live a spiritual way of life. Remember, my gratitude speaks when I care and when I share with others the NA way.

## WCNA 35

## The Journey Continues

August 29-September 1, 2013

Philadelphia, Pennsylvania

Register online: [www.NA.org/WCNA](http://www.NA.org/WCNA)

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## Home Group ~ Part Four



By Roy D. and Gary M.

Just as it is difficult for members to recover in isolation, Home Groups find it difficult to survive without communicating with the rest of NA. We generally select a member from our group to inform us about and communicate with the rest of Narcotics Anonymous. This requires a member who is willing and able to represent the group, carrying their votes, motions, and needs to other levels of service.

Groups generally select someone to be responsible for the group's money and replenishment of its inventory (i.e. literature and supplies). Finances may be discussed at every business meeting. We, as addicts, can easily be tempted with control so the Treasurer should be someone who will follow the group's direction on how to spend its money. We pay rent for our meeting place and most of our other services require financial expenditures of some kind. At each of a group's meetings, money is collected according to our 7th Tradition. Most groups select a financially responsible, mature member with integrity to handle the group's finances.

While a Home Group's service needs vary, most find it desirable to select trusted servants with substantial recovery and lots of common sense. Some Home Groups are very structured for service positions with a clean time requirement while others have minimal structure and clean time requirement. In all Home Groups, the most important requirement is the willingness to serve. No service job is more important than the other, some require different skills but none is more important than the other. There is nothing written in stone on what a Home Group must do other than keep our primary purpose—to carry the message.

One common problem we often experience as new members is that we may place unrealistic

expectations on the Home Group and its members. Even in recovery, we may still expect people, places, and things to carry us through life. Home Group members will often share their own experiences with living problems when we ask them. However, it is not their responsibility to provide for our needs or wants such as helping us get a job or driving us to the store, etc. We soon find that other members will not let us abuse them or the program, but they will spend all the time in the world sharing how to find this new way of life through the steps.

Some members perceive the Home Group as a social situation. This can be a dangerous concept. Although we often think of Home Group members as our extended family, we must also remember that we are addicts and still suffer from this self-centered and self-destructive disease. At times, we may be hurt by the actions of our fellow Home Group members. Gossip, rejection, and feelings of isolation may seem to suggest that we should back away from these new friends. If we seek out a fellow member, experienced in recovery, who has gotten past these pitfalls, they can help us use the steps to live beyond the small-mindedness of addiction and focus us on the true meaning of a Home Group; a place to open our hearts and recovery to the addict still suffering both in and out of our rooms.

*This is the final installment of the article Home Group. We hope you have enjoyed reading it.*

***"There is nothing written in stone on what a Home Group must do other than keep our primary purpose –to carry the message."***

## Clean Time Anniversaries

- ◆ Connie Y. (WAGS) Celebrated 30 Years on 4/19
- ◆ Cerissa F. (WRASCNA) Celebrated 1 Year on 4/24
- ◆ Jeff S. (WRASCNA) Celebrated 3 Years on 4/26
- ◆ Doris C. (WRASCNA) Celebrated 18 Years on 4/28
- ◆ Jarred M. (TASCNA) Celebrated 8 Years on 5/8
- ◆ Tony L. (WRASCNA) Celebrated 5 Years on 5/8
- ◆ Mark L. (WRASCNA) Celebrated 6 Years on 5/9
- ◆ Mike L. (WRASCNA) Celebrated 18 Years on 5/13
- ◆ Stephanie A. (WRASCNA) Celebrated 23 Years on 5/13
- ◆ Sheilimpa S. (WRASCNA) Celebrated 7 Years on 5/15
- ◆ Heather C. (WRASCNA) Celebrated 2 Years on 5/23
- ◆ Chris A. (GLASCNA) Celebrated 13 Years on 5/26
- ◆ Herb J. (WRASCNA) Celebrated 18 Years on 6/3
- ◆ Dan M. (WRASCNA) Celebrated 11 Years on 6/7

**Submit your clean date for inclusion in the BRSCNA Bulletin by emailing [brscnanewsletter@gmail.com](mailto:brscnanewsletter@gmail.com)**

**Please include your first name, last initial, date including year, and your Area.**



## Buckeye Region Anniversaries and Activities

- ◆ 6/15/13 WRASCNA Annual Scotch Doubles Bowling Party  
8:00 pm, Akron, OH
- ◆ 6/15/13 CLACNA XI Come Help Get the Party Started  
9:00 pm, Cleveland, OH
- ◆ 6/19/13 Our Message is Hope 3rd Anniversary  
6:00 pm, Barberton, OH
- ◆ 6/22/13 WAGS Area Service Committee Cook-Out  
11:00 am, Lakewood, OH
- ◆ 6/22/13 The Only Requirement 3rd Anniversary Welcome BBQ  
1:00 pm, Akron, OH
- ◆ 7/6/13 CLACNA XI 1st Annual All White Out Night Out  
7:00 pm, Highland Hills, OH
- ◆ 7/19-21/13 GLASCNA 25th Annual North Coast Recovery Roast Camp-out  
Montville, OH
- ◆ 7/19-21/13 WRASCNA 26th Annual Camp-out  
Randolph, OH
- ◆ 8/3/13 12th Annual Recovery Fest  
1:00 pm, Vermillion, OH

For more detailed information on these and other activities in our Region, please go to [www.nabuckeye.org/activities](http://www.nabuckeye.org/activities) where you can access flyers and the Buckeye Region calendar. Space limitations make it difficult to include every event so if there is something you would like highlighted, please email the details to [brscnanewsletter@gmail.com](mailto:brscnanewsletter@gmail.com)

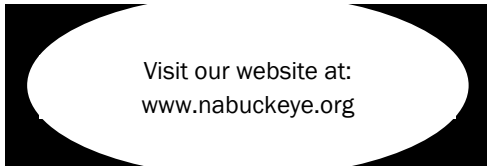
# Buckeye Region of Narcotics Anonymous



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The BRSCNA Bulletin needs your help! We are in need of submissions; a personal story, reflection on NA literature, creative recovery writings, an expression of gratitude, or artwork.

We ask that submissions express a clear NA message and use NA language. We may edit for length, clarity, or compliance with our Traditions. All submissions must have a signed release form which can be found below.

Send your submissions and release form to the BRSCNA Literature committee at:  
[brscnanewsletter@gmail.com](mailto:brscnanewsletter@gmail.com)

**THANK YOU FOR YOUR SUPPORT!**



This release form can be cut out or photocopied and attached to your submission. You can also access a copy on the BRSCNA Region website by visiting the Newsletter page.



## Release Form

Email: [brscnanewsletter@gmail.com](mailto:brscnanewsletter@gmail.com)

I hereby grant permission to the Buckeye Region Literature Subcommittee to publish the attached original material. I understand that this material may be edited for use in the Buckeye Region Newsletter.

Signature: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Date: \_\_\_\_\_

Check if applicable:

I wish for this piece to be published anonymously.

The opinions expressed in the Buckeye Region Newsletter do not necessarily reflect the opinions of any member of the subcommittee or that of NA as a whole. All submissions become the property of the Buckeye Region Newsletter whether or not you sign the release form. Submissions may be edited for length, language, and adherence to the Twelve Traditions of Narcotics Anonymous.